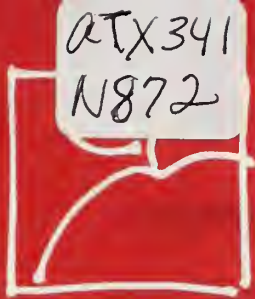


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Weight Control and Obesity

Books (in order by year)

Eating Well with the Food Guide Pyramid. 1st edition. Kristi Fuller (editor). Des Moines, IA: Better Homes and Gardens Books, 1996. 96 pp.

Intuitive Eating: a Recovery Book for the Chronic Dieter: Rediscover the Pleasures of Eating and Rebuild Your Body Image. Evelyn Tribole and Elyse Resch. New York: St. Martin's Press, 1995. 237 pp.

Tailoring Your Tastes. Linda Omichinski and Heather Wiebe Hildebrand. Winnipeg, Manitoba, Canada: Tamos Books, Inc., 1995. 175 pp.

Healthy Homestyle Cooking: 200 of Your Favorite Family Recipes-With a Fraction of the Fat. Evelyn Tribole. Emmaus, PA: Rodale Press, 1994. 342 pp.

The Healthy Start Kids' Cookbook: Fun and Healthful Recipes that Kids Can Make Themselves. Sandra K. Nissenberg. Minneapolis, MN: CHRONIMED Publishing Company, 1994. 188 pp.

Healthy Treats and Super Snacks for Kids. Penny Warner. Chicago, IL: Contemporary Books, 1994. 260 pp.

Newsletters or Magazine Articles (in order by year)

"Lightening your weight management load." *Tufts University Diet & Nutrition Letter*, 14(1):1. March 1996.

"Losing weight safely." Marilynn Larkin. *Reprint from FDA Consumer Magazine.* Publication no. (FDA) 96-1231. July 1996. 6 pp.

- "New weight-loss drug far from a miracle." *Tufts University Diet & Nutrition Letter*, 14(4):6. June 1996.
- "Treadmills make best indoor calorie burners." *Tufts University Diet & Nutrition Letter*, 14(4):1. June 1996.
- "Weight-loss news that's easy to stomach." *Tufts University Diet & Nutrition Letter*, 14(2):1. April 1996.
- "Fat-free foods: a dieter's downfall? Studies show calories do count." *Environmental Nutrition*, 18(4):1, 6. April 1995.
- "Stricter weight guidelines in the offing." *Tufts University Diet & Nutrition Letter*, 13(7):3-6. Sept. 1995.
- "Taking the fat out of food." Paula Kurtzweil. *Reprint from FDA Consumer Magazine*. Publication no. (FDA) 96-2305. July 1996. 8 pp.
- "The weighting game." *Nutrition Action Health Letter*, 22(4):1, 4-7. May 1995.
- "Herbal teas touted for weight loss: "quick fix" with hidden dangers." *Environmental Nutrition*, 17(9):8. Sept. 1994
- "Theories on yo-yo dieting unwind." *Tufts University Diet & Nutrition Letter*, 12(10):1-2. Dec. 1994.
- "Winner or losers? EN reviews the top weight-loss programs." *Environmental Nutrition*, 17(2):1, 3-5. Feb. 1994.
- "But I eat like a bird." *Tufts University Diet & Nutrition Letter*, 11(1):1. March 1993.
- "An FDA guide to dieting." Reprint. *FDA Consumer*, June 1993. Available from Consumer Information Center, 3D, P.O. Box 100, Pueblo, CO 81002. (719) 948-3334.
- "Quit watching the scales?" *Consumer Reports on Health*, 5(5):45-7. May 1993.
- "Should you go on a diet?" On the Teen Scene. Ruth Papazian. *FDA Consumer*, pps. 31-3. Sept. 1993.

Pamphlets (in alphabetical order by title)

Down Home Healthy Cookin': Recipes and Healthy Cooking Tips. National Cancer Institute, National Institutes of Health. March 1995. 16 pp. Available from the National Cancer Institute's Hotline. (800) 4-CANCER.

Exchange Lists for Weight Management. The American Dietetic Association. 1995. 32 pp. Available from The American Dietetic Association, 216 W. Jackson Blvd., Chicago, IL 60606-6995. (800) 877-1600 ext. 5000.

Facts about Weight Loss Products and Programs. Federal Trade Commission, Food and Drug Administration, National Association of Attorneys General. 1992. Available from Dept. of Health and Human Services, FDA, 5600 Fishers Lane, Room 15-A19, Rockville, MD 20857.

If Your Child Is Overweight: a Guide for Parents. Susan M. Kosharek. Chicago, IL: The American Dietetic Association. 1993. 32 pp. Available from the National Center for Nutrition and Dietetics, Consumer Nutrition Hotline. (800) 366-1655.

Your Best Body: A Story About Losing Weight. National Cancer Institute, National Institutes of Health, Public Health Service, Dept. of Health and Human Services. 1994. 20 pp. Available from the National Cancer Institute's Hotline. (800) 4-CANCER.

Weight Control Programs (in order by year)

The Balancing Act: Nutrition & Weight Guide. Georgia G. Kostas. Dallas, TX: The Balancing Act Nutrition Books, 1996. 223 pp.

Diets & Weight Loss. Larry A. Richardson. Humble, TX: Larry A. Richardson, 1993. 182 pp.

Eat More, Weigh Less: Dr. Ornish's Life Choice Program for Losing Weight Safely While Eating Abundantly. Dean Ornish. New York: Harper Collins, 1993. 425 pp.

The "Can Have" Diet and More! The Easy Guide to Informed Exercise and Food Choices. Patricia M. Stein, and Norma J. Winn. Nutrition Counseling Education Services, 1992. 139 pp.

Diets That Work: For Weight Control or Medical Needs (summary of programs). Deralee Scanlon with Larry Strauss. Los Angeles: Lowell House, 1992. 279 pp.

Now That You've Lost it: How to Maintain Your Best Weight. Joyce D. Nash. Palo Alto: Bull Pub. Co., 1992. 228 pp.

Periodical Series

Eating Well. Eating Well Magazine, Ferry Road, Charlotte, VT 05445.

Weight Watcher's Magazine. W/W Twentyfirst Corp., 360 Lexington Ave., New York, NY 10017.

Contacts for Assistance

Local Contacts (listed in telephone directory)

Ask for the:

Dietetic Association (state or regional chapter)	Dietitian
Extension Service (county or state)	Home Economist or Food and Nutrition Specialist
Health Department (city, county, state)	Public Health Nutritionist
Hospital	Dietitian

National Contacts:

Cooperative Extension, Iowa State University, 103 Morrill, Ames, IA 50011. (515) 294-3178.
Web site: <http://www.exnet.iastate.edu/Pages/pubs/Food.html>

National Center for Nutrition and Dietetics, The American Dietetic Association, 216 West Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (800) 366-1655.

National Health Information Center, Office of Disease Prevention and Health Promotion, Dept. of Health and Human Services, P.O. Box 1133, Washington, DC 20013.
(800) 336-4797.

Weight-Control Information Network, NIDDK, NIH, 1 WIN Way, Bethesda, MD 20892-3665.
(800) WIN-8098. E-mail: WIN@matthewsgroup.com
Web site: <http://www.niddk.nih.gov>

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This *Nutri-Topics* was compiled by Shirley King Evans, Nutritionist,
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The resources listed contain accurate nutrition information and are available nationwide. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. This *Nutri-Topics* is issued in three editions: Health Professional/Researcher, Educator, and Consumer.

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